

## Worksheet: Student Reflection

Date:.....

### Brief Description of Experience

In narrative form, describe the actual event(s) that occurred. Record who was present and what they did. Important observations (record, in point form):

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- ☐ What I observed about the experience (situation, other people).

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- ☐ What I observed about my own behaviour and feelings.

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- ☐ What others observed about the experience (if they told me).

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- ☐ What others observed about me (if they told me).

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- ☐ What I learned (specifically) from this experience:

*Be specific.* It is useful to state your learnings as deviations from your expectations (previously formed guides to action) or as conformations of your expectations.

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- ☐ How do these learnings relate to appropriate theories or concepts I have read, heard about, or constructed myself?

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Reference: Retrieved from [http://www.qotfc.edu.au/resource/documents/G:\OccTpy\Occ\\_Therapy staff\8.0 Student Development\8.2.9 Supervisor resources\Strategies and tools for supervision sessions -Experiential Learning Diary PAHHS example.doc](http://www.qotfc.edu.au/resource/documents/G:\OccTpy\Occ_Therapy staff\8.0 Student Development\8.2.9 Supervisor resources\Strategies and tools for supervision sessions -Experiential Learning Diary PAHHS example.doc) on April 08 ,2010

☐ *What specific behaviours would I like to change?*

Again, be specific. Concentrate on your own behaviour, and set objectives specifying behaviour, standards, and conditions. Also note behaviour changes you would like to see in others.

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☐ *How will I change these behaviours?*

Outline specific procedures, including review dates.

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